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“do you feed your chicken growth hormones?!”

KAITLIN M. *Winnipeg, MB*

“Do you use deformed chickens in your chicken nuggets?”

KURLIN H. *Edmonton, AB*

“what is the recipe for your chicken nuggets?”

NICK R. *Ottawa, ON*

“Do you use chicken breast?”

HEATHER E. *Toronto, ON*



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GET ANSWERS

“Why do all your “McNuggets” look exactly the same?”

BRAYDEN H. *Canada*

“is the chicken real or pink sludge”

LIAM M. *Brampton, ON*

“what parts of the chicken do you use?”

CATHERINE P. *Ottawa, ON*

“Is there any alien in the chicken nuggets?”

SEAN F. *Edmonton, AB*

“what is the recipe for your chicken nuggets?”

NICK R. *Ottawa, ON*

Our answer:

Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

“Do you use deformed chickens in your chicken nuggets?”

KURLIN H. *Edmonton, AB*

Our answer:

No, deformed chickens are not used to produce any of our products. All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

“do you feed your chicken growth hormones?!”

KAITLIN M. *Winnipeg, MB*

Our answer:

Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

“Why do all your “McNuggets” look exactly the same?”

BRAYDEN H. *Canada*

Our answer:

Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

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[McDonalds.ca/YourQuestions](https://www.mcdonalds.ca/YourQuestions)

“Do you use chicken breast?”

HEATHER E. *Toronto, ON*

Our answer:

Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

“Is there any alien in the chicken nuggets?”

SEAN F. *Edmonton, AB*

Our answer:

There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

“what parts of the chicken do you use?”

CATHERINE P. *Ottawa, ON*

Our answer:

The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

“is the chicken real or pink sludge”

LIAM M. *Brampton, ON*

Our answer:

Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.

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\$17 million winners

A WORKOUT WITH PUNCH

FAST & FURIOUS STAR (AND MIXED MARTIAL ARTS FIGHTER) GINA CARANO DISHES ON THE TRAINING AND DIET REGIME THAT LETS HER KEEP UP WITH THE ROCK

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Puck prospects

London Knights weigh in on NHL scouts at the Memorial Cup tourney as they play their final games before the draft

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An entrée for entrepreneurs

The province's Summer Company program has expanded opportunities for young Londoners who want to start a small business

PAGE 4

Tornado tragedy

A massive twister with winds of more than 300 kilometres an hour flattens parts of the U.S. heartland and leaves dozens dead

PAGE 7



Students need to take charge of debt: Researchers

After graduation.

Western project looks at student-loan data



JOHN MATISZ

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Question: How much debt does a typical Canadian post-secondary student have upon graduation? More than \$10,000, says Western University's CIBC Centre for Human Capital and Productivity.

The centre recently looked at research that shows 15 per cent of student borrowers go into default — meaning they don't make any payment for nine months — within the first three years of post-grad life.

It's proof that graduates need to do more than find a job, the centre says: They also need to start thinking immedi-

Student loans in Canada

- **\$2.2 billion:** Money loaned yearly to 425,000 full-time students.
- **\$13,000:** Average government loan for students graduating in 2010-11.

Source: Western University's CIBC Centre for Human Capital and Productivity

ately about paying the bills that helped them earn a degree.

"Students really need to understand how they're going to pay their debt load and what that means to them," said Bob Stammers, director of investor education at the CFA Institute in Toronto.

Stammers, whose organization represents investment

professionals, urges student borrowers to prioritize loan payments or, if possible, consolidate them. Debt with high interest rates, such as a car loan or credit card, should be tackled before student debt, he added. "The big thing is not to be naive about debt. 'It can get away from you.'"

Western researchers assessed two surveys conducted by the Canada Student Loans Program. The first gathered data from 3,200 student borrowers already in default, while the second focused on about 1,000 who were fresh out of school and unable to make loan payments.

Lance Lochner, the lead researcher and a Western economics professor, said a key finding is that financial circumstances of a borrower's family is crucial. "If you've got family support, it makes a big difference in repayment," he said.



HERE COMES THE SUN

Brielle Fonseca, 2, and her dad, Anthony, cool off at the Gibbons Park splash pad on Monday afternoon as the temperature for the day reached 28 C. More good things are on the way this week, with Environment Canada calling for daily highs of about 20 C. For a look at Canada's summer forecast, see page 6. MARK SPOWART/FOR METRO

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Cops probing back-to-back Victoria Day fires



London police CONTRIBUTED

Fireworks may be to blame for one of two suspicious fires in the city's north end, police said.

Someone called 911 at 2:23 a.m. Monday to report a fire in the parking lot of the Rona store at Wonderland Road North and Beaverbrook.

Firefighters found two vehicles — a school bus and a transport truck parked nearby — engulfed in flames. Fireworks found around the vehicles indicate they may have been the cause, London police Const. Chris Stumpf said.

Estimate

\$275K

Damage estimate for two suspicious Monday fires

"That is what the investigation is going to show, whether it was intentionally set or accidental as the result of the fireworks," he said.

About two hours later, a second 911 call sent police and

firefighters to St. Thomas More Catholic School (18 Wychwood Park), less than two kilometres away. A construction trailer was set on fire there, police said. The cause is unknown.

"We can't say for sure if the two fires are related, obviously they are in close proximity to each other, and within a couple of hours of each other," Stumpf said.

Damage is pegged at about \$250,000 from the first fire and about \$25,000 from the second.

MARK SPOWART/FOR METRO

29 counts

Hair design academy owner facing fraud charges

A six-month London police investigation has resulted in the owner of a private college being charged with 29 counts of fraud.

Thomas Fast, owner of DeVoG Academy of Hair Design, faces 15 counts of fraud over \$5,000 and 14 counts of fraud under \$5,000. Nineteen students and 10 staff are affected by Fast's alleged fraud, police said. The fraud is in relation to the school's hair design and apprenticeship programs, police said.

On Feb. 3, the Ministry of Training, Colleges, and Universities issued a restraining order against DeVoG. Anyone with additional information is asked to contact London police at 519-661-5670. METRO

Crime

London police lay child porn charges

A 60-year-old man is facing criminal charges after London police say evidence of child pornography was found in an Ellsworth Avenue home.

James O'Dell is charged with possession of child pornography and accessing child pornography.

In an unrelated case, police in Tillsonburg are alleging a 62-year-old man sexually assaulted a 10-year-old girl. Gary Fugard, who lives in Tillsonburg, was an acquaintance of the victim, police said. He's charged with sexual assault and sexual interference with a person under 16 years of age. METRO/THE CANADIAN PRESS

Storybook Gardens aims to slay attendance woes

Theme Park. Is a disastrous 2012, which included the deaths of 3 seals, behind them?



JOHN MATISZ

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Similar to the fairy tales told inside the theme park's boundaries, Storybook Gardens is facing a substantial antagonist in its 45th season.

The city-owned amusement park is trying to bounce back from a tumultuous 2012 that included seeing three seals die in June after leaving the facility for a new home.

Officials are counting the deaths — two of which came during transit — as a big factor toward the 15 per cent dip in gate numbers.

"Attendance was up leading into the summer," said John Riddell, Storybook's general manager. "And then,

What's new?

- With most of the animals moved out of Storybook Gardens, there's room for a few additions.
- A giant pillow, described as a bounce house without walls, has been added this year.
- The park's play village has been extended and weekend entertainment, including storytellers, characters in costume and magicians, has been improved.

unfortunately, with what happened with the seals, it did have an impact, for sure."

The park finished 2012 with a \$250,000 deficit. The year before, it came "within a hair of breaking even" financially, which is the park's annual goal, Riddell said.



Roop Sidhu, 1, of London, plays in a miniature kitchen at Storybook Gardens on Friday, the theme park's opening day. JOHN MATISZ/METRO

At least one city councilor is dedicated to the idea of modernizing the attraction, a London staple since 1958, if that's what is needed to

boost numbers.

"Whatever it takes to keep open, we need to seriously look at that," Coun. Bud Polhill said.

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Weeding out crime. Raid nets 3 arrests, big stash

Three people are facing a laundry list of charges after police found nearly \$1 million worth of marijuana and guns at a London home.

Police found pot plants when they raided a home last week at 2358 Fanshawe Park Rd., officials said.

Along with the plants, police found more than 800 grams of marijuana bud, two rifles — a .22 calibre and a .223 calibre — and a 20-gauge shotgun.

Charges against the trio include possession and produc-

Gone to pot

976

Number of pot plants found in a house at 2358 Fanshawe Park Rd., according to London Police.

tion of controlled substances.

Members of the London department's guns and drugs section, along with RCMP officers, were involved in the raid.

Edward Carreiro, 56, Paul Lemmond, 40, and Jacqueline Elliot, 38, face charges. **METRO**

Top spot. Western student to lead undergrad alliance

A Western University student leader has been tapped to represent all post-secondary voices as president of the Ontario Undergraduate Student Alliance.

Amir Eftekharpour, vice-president external for the University Students' Council at Western, will fill the alliance's top spot for the 2013-14 school year.

Being an executive member of OUSA has its advantages, Western officials say, since Eftekharpour will have enhanced insight into issues affecting post-secondary education in

About OUSA

- The Ontario Undergraduate Student Alliance represents more than 140,000 professional and undergraduate students at nine universities.

the province.

That is expected to strengthen Western's lobbying position.

"I am excited to bring a provincial scope of vision to the USC and students at Western," Eftekharpour said. **METRO**

Health care. Nurses call for end to job cuts

The Ontario Nurses Association is calling for a moratorium on cuts to registered nursing positions in the province.

The union says Ontario has the second-lowest RN-to-population ratio in the country: 668 RNs per 100,000 residents, compared to an average of 785 RNs to 100,000 residents in other provinces and territories.

It says the Ontario health system employed 844 fewer RNs in 2012 than it did in 2011.

The ONA says cuts in RNs are happening in Ontario, even though the Liberals promised to fix the problem when they took office in 2003.

Research has shown there are fewer deaths and complications when more RNs are providing direct patient care, the union says.

"Cutting Registered Nurse jobs is cutting health care," said Andy Summers, regional vice-president for the Greater Toronto Area.

THE CANADIAN PRESS



DJ Girus Cepinkas, known as "Giddy," is pictured Monday in his London studio. Giddy is vying for a chance to attend the Canadian debut of a dance party like no other. Called Sensation, the Toronto bash will feature an undersea-themed party dubbed "The Ocean of White." **MARK SPOWART/FOR METRO**

Dance, dance resolution

It's his job to party.
Local DJ determined to make it to Sensation bash in Toronto — but he needs your help

MARK SPOWART
london@metronews.ca

It's called Sensation, and a local DJ is hoping it will be the ticket that launches his career to the next level.

But, before any of that can happen, Girus Cepinkas needs your help.

Cepinkas, 23, of London, known mostly by his stage name "Giddy," is one of 14 DJs from across Canada

competing for a VIP experience at Sensation's Canadian debut.

Started in the Netherlands in 2000, Sensation is billed as a Cirque du Soleil-meets-rave event that features DJs spinning tunes for a massive audience. About 30,000 people are expected to attend Canada's first go-around June 1 in Toronto.

If he wins a trip to the event it not only will be a dream come true for Giddy, but a chance to rub elbows — and hopefully make contacts — with some of the music industry's top players.

"I have heard about Sensations all of my life, and have wanted to be part of it, but never had the resources to travel to Holland to see

Good times

- The Sensation debut for Canada will include pyrotechnics, acrobats and giant carnival floats.
- The events have an all-white dress code to remember Miles Stutterheim, the founder's brother who was killed in a 2001 car crash.

the show," Cepinkas said.

The "resources" for getting to Toronto could come through Giddy getting enough support in a Bud Light-sponsored competition at budlight.ca.

Giddy, along with the 13

other DJs in the running for a free Sensation pass, created an original track for the competition. The person with the most votes by the end of Thursday gets the ticket.

Since first hearing house music in his early teens, Giddy, a self-taught DJ, has had success performing in a variety of venues and wants to start touring again.

Even if he doesn't take home the big Sensation prize, the contest has already given him a bit of a boost.

"The more you can expose your craft, the better it will be," said Cepinkas, who over the past seven years has "bugged just about everyone in London" to listen to his CDs.



Greg Matthison, founder of BigGameRoadTrips.ca, is pictured in front of a motor coach at Townline Place storage facility. **JOHN MATISZ/METRO**

Next stop: Jays vs. Tigers in Toronto

All veteran sports fans know the worst part of a road trip is the ageless transportation conundrum.

How are we going to get to the stadium and back safely? Oh, and we need to find a place to park that doesn't grossly overcharge.

Londoner Greg Matthison has launched a service aimed at solving said issues.

The local sports marketer is offering sports trips for less than \$100. Matthison says his newest venture, BigGameRoadTrips.ca, will save sports enthusiasts "a lot of money and a lot of headaches."

Starting with a Major League Baseball match between the Toronto Blue Jays and Detroit Tigers on July 1, BigGame is providing motor

coach bus rides to and from high-profile sporting events.

"It's an entertainment experience along the way," Matthison said. "Instead of a two-hour drive on the 401, you have a lot of fun on the way down there."

The targeted destinations — Toronto, Detroit, and Buffalo — are about a two-hour drive from the Forest City.

Patrons will save money in the end because once you add up gas, parking, vehicle wear and tear and, of course, a ticket to the game, you can easily cut \$100 from a standard bill, Matthison says.

"A lot of (my business will be) father and son combos who want to come watch a game of the sport they love," he said. **JOHN MATISZ/METRO**



Tough competition

Kristin Harding, 20, of London, poses for the judge during a bodybuilding competition at Centennial Hall on Saturday. The Stephanie Worsfold Classic show, sanctioned by the Ontario Physique Association, saw 134 competitors take the stage with hopes of qualifying to compete at the provincial level. Worsfold, a Woodstock native and bodybuilding professional, started the show three years ago. It's grown from 60 competitors in its first year. ANGELA MULLINS/METRO

Man who swam Huron planning fundraiser

Jason Kloss' first fundraiser saw him swim 65 kilometres across Lake Huron — a feat he accomplished in just 26 hours.

His next undertaking won't be quite as arduous, but it will be nearly as long.

The 26-year-old Londoner is organizing a 24-hour relay swim — called Reach for the Beach (reachforthebeach.ca.) — Aug. 16-17 in Lake Huron off the shore of Grand Bend.

All money raised will go to the Canadian Cancer Society and the London Health Sciences Foundation.

"We are looking for five teams, with multiple members, the idea being each swimmer is in the water for



Jason Kloss CONTRIBUTED

an hour then they have a chance to take a break, get some real food and get ready

for their next lap," said Kloss.

Kloss was able to raise \$20,000 for the Canadian Cancer Society with his first swim in August 2011.

While his original idea was to have five individuals complete the same journey he took in 2011, Kloss quickly decided on a different format when he remembered the logistics involved.

"I started to remember how difficult it was just to keep track of one person in the lake at night, let alone five," he said. "With this style of event, you know when you are going to start and when you are going to finish."

MARK SPOWART/FOR METRO

More spots open for young entrepreneurs

Youth Job Strategy.

Provincial program boost of 3 added slots will fulfill more local dreams, leaders say

KEVIN HURREN

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In the summer of 2004, Brian Kliza had to make a choice between getting a summer job like his friends and starting his own business.

Nine years later, Kliza thinks he made the right choice by starting Steamers, a carpet cleaning and auto detailing company based in London.

"I was finished high school and started working for a steam-cleaning company," Kliza said. "I learned quickly that this is something I could be successful at on my own, I just needed the finances."

Kliza went to the London Small Business Centre for guidance and there, he learned about Summer Company — an Ontario Ministry of Economic Development, Trade and Employment pro-

Early bird

"To get that at such a young age has helped me really get an early mindset of being an entrepreneur."

Brian Kliza, who received support from London Small Business Centre 9 years ago.

gram designed to help young people across the province launch businesses.

"It was a huge thing for me to be able to go and buy my equipment and my truck, gain some independence that way," Kliza said.

"To get that at such a young age has helped me really get an early mindset of being an entrepreneur."

This summer, more people may be able to get the same opportunity.

As part of the ministry's 2013 Youth Job Strategy, the Summer Company is expanding.

For London, that means three more 15- to 29-year-olds will get a chance to receive mentorship and a grant of up to \$3,000, bringing the city's total number of slots to 17.

Local co-ordinator John Anagnostou sees the increase as a great prospect.

"We'll probably end up with more than 125 appli-

cants," he said.

From that pool, about 40 students are selected to submit a business plan.

"The program includes hours of training specific to bookkeeping, marketing, sales, and online promotions as well as ongoing mentoring throughout the summer," Anagnostou said.

Kliza credits much of his success to what he learned through the effort.

"The life lessons you're going to learn by doing the program, whether or not you make money, are going to be far worth it," he said.

Website

To learn more about the Summer Company program, including details about applying, visit ontario.ca/summer-company.



'Encouraged.' Ont. election threat eases

Threats of a June election in Ontario eased considerably Friday when the New Democrats said they were "encouraged" by Premier Kathleen Wynne's response to their series of post-budget demands.

Even though the minority Liberal government included a list of NDP ideas in the May 2 budget, party leader Andrea Horwath issued three additional demands that she said were necessary for her support.

The two leaders met Wednesday so Horwath could outline her second set of proposals, and Friday morning Wynne issued a statement agreeing to one, offering a compromise on another and rejecting a third.

The Liberals agreed to introduce legislation this fall

The one that got away

On the one idea Wynne rejected, the premier noted there will have to be legislation to create the high-occupancy-toll, which would give the NDP and PCs a chance to kill the idea.

- The Tories oppose any new tolls on existing highways.

to create a Financial Accountability Officer to provide advice to MPPs and legislative committees on the province's finances and the costs of proposed spending initiatives.

"This new officer would be independent of the gov-

ernment," Wynne said in her statement.

The premier also said the government would introduce new accountability measures across the health-care system, but she stopped short of agreeing to the New Democrats' demand to give the ombudsman oversight of hospitals.

However, Wynne said the Liberals will stick to a plan to allow motorists without passengers to pay a toll to drive in carpool lanes, something the NDP condemned as "Lexus lanes" and demanded it be dropped from the budget.

Horwath said she would hold a news conference next week to say if Wynne's response was good enough to make sure the budget will pass. THE CANADIAN PRESS



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Elijah Harper. Mourners salute MP who blocked the Meech Lake accord

Hundreds lined up inside the Manitoba legislature Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," says Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper was elected chief of Red Sucker Lake in the late 1970s and was elected to the Manitoba legislature in 1981. He was in the NDP opposition benches during the federal government's 1990 attempt to enact the Meech Lake ac-



Elijah Harper THE CANADIAN PRESS

cord, which had been crafted to win Quebec's signature on the Constitution.

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that. Our work continues."

THE CANADIAN PRESS

Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn

of the men's disappearance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

Montreal

Queen skewered on Victoria Day

The Queen would likely not be amused by the way Victoria Day was observed in Montreal on Monday.

At a rally of hardcore Quebec nationalists, a handful of people threw darts at a photo of the Queen. Others held up signs saying, "Down with the monarchy" and "Quebec will soon be a republic."

There is little love for the monarchy in Quebec. Monday's public holiday is

now known as the Journee nationale des patriotes, to mark a rebellion against the British in 1837-1838.

Pierre Veronneau, who made the dartboard, called the royal family "parasites" who "do absolutely nothing."

Like many present, Veronneau hopes for an independent Quebec in his lifetime.

The event attracted at least two politicians: Bloc Quebecois chief Daniel Paille and Jean-Martin Aussant, who heads up the small provincial independence party Option nationale.

THE CANADIAN PRESS

Indict Mr. Wright and cuff the Duff?

Senate expenses scandal. NDP calls on Mounties to inspect the legality of \$90,000 gift

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy \$90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus Tuesday morning before departing to South America for trade talks.



Sen. Mike Duffy left caucus on Thursday, but troubles haven't ended for the Tories. SEAN KILPATRICK/THE CANADIAN PRESS FILE

#damagecontrol

At least one Tory MP tried to put a decidedly optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

- "Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus &

the PM chief of staff," Joan Crockett wrote on Twitter.

- "Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals"

THE CANADIAN PRESS

Canada to cook on medium-high this summer

Get ready to break out the sunscreen, but don't worry about sizzling all season.

Meteorologists at AccuWeather.com say the majority of Canadians can look forward to a more "typical" summer this year, when hot spells will be interspersed with cooler periods.

"The biggest takeaway from this forecast is it's not going to resemble last year's summer, which was the warmest summer on record," said Brett Anderson, lead forecaster for Canada.

Hot and not

"We do not expect patterns where it's going to lock in for weeks on end of hot dry weather."

Brett Anderson, AccuWeather.com's lead forecaster for Canada

"We're going to see much more changeable weather."

The season is still going to rank among the top-10 warmest summers on record, but that's largely due to recurring warmer-than-normal temperatures in the Far North.

The weather in southern

Ontario is expected to be pleasant, with hot periods broken up by welcome cooler days, although some thunderstorms are expected earlier in the season.

"Overall the humidity, the temperature, is going to be fairly pleasant across much

of southern Ontario," said Anderson. "It looks like a comfortable summer coming up in that region."

Despite predictions that this year will be less of a boiler than last, Anderson said Canadian summers in general have been getting hotter.

"We've seen an increase of 1.4 C since records began in 1948," he said. "Canadian summers are also getting a little bit wetter ... part of that reason is also the warming of the Far North."

THE CANADIAN PRESS



A woman carries a child through a field near the collapsed Plaza Towers Elementary School in Moore, Okla., Monday, after a tornado nearly 1.6 kilometres wide with winds up to 320 km/h roared through the Oklahoma City suburbs.
SUE OGROCKI/THE ASSOCIATED PRESS

Monstrous tornado rips through Oklahoma City suburb; scores dead

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado at least a half-mile wide roared through the Oklahoma City suburbs Monday, flattening entire neighbourhoods with winds up to 320 km/h, setting buildings on fire and landing a direct blow on an elementary school. At least 51 people were reported killed, including children.

The storm laid waste to scores of buildings in Moore Okla., south of the city. Block after block of the community lay in ruins. Homes were crushed into piles of broken

wood. Cars and trucks were left crumpled on the roadside.

The National Weather Service issued an initial finding that the tornado was an EF-4 on the enhanced Fujita scale, the second most-powerful type of twister.

Authorities expected the death toll to rise as emergency crews moved deeper into the hardest-hit areas. At least 60 people were reported hurt, including more than a dozen children.

Rescuers mounted a desperate rescue effort at the school, pulling children from heaps of debris and carrying them to a triage centre.

Oklahoma Gov. Mary Fallin deployed 80 National Guard members to assist with search-and-rescue operations and activated extra

highway patrol officers.

Fallin also spoke with President Barack Obama, who offered the nation's help and gave Fallin a direct line to his office.

Many land lines to stricken areas were down and cellphone traffic was congested. The storm was so massive that it will take time to establish communications between rescuers and state officials, the governor said.

At Plaza Towers Elementary School, the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal. Several children were pulled alive from the rubble. Rescue workers passed the survivors down a human chain to the triage centre in the parking lot. **THE ASSOCIATED PRESS**

D-Day beach

Canadians get their say in French development

Canadians have a chance to voice their opinions on a plan to build an army of wind turbines 10 kilometres offshore from the site of Juno Beach, where 359 Canadians died during the Second World War, as a French commission holds public consultations on the project. **THE CANADIAN PRESS**

Greece

Beach-goers shell shocked

A surprise shell has caused a big stir at a popular Athens beach.

Greek authorities evacuated the seafront Monday after a swimmer found a corroded artillery shell just 10 yards from dry land, fished it out and presented it to a lifeguard. The 30-centimetre round dated to the Second World War. **THE ASSOCIATED PRESS**

Gander, Newfoundland

Weekend snowfall crushes old record

Newfoundland and Labrador is digging out of a spring storm that walloped parts of the province over the weekend with record-breaking snowfall amounts. Environment Canada says 54 centimetres of snow fell in Gander on Saturday and Sunday. A spokesperson says those numbers shatter the previous record of 29 centimetres. **THE CANADIAN PRESS**

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Yahoo buys Tumblr; CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Yahoo is buying online blogging forum Tumblr for \$1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for \$1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each



Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a high-school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to

empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS

Twitter tussle: Couple sues over use of microblogging handle

A central Idaho couple is suing the Sun Valley Co. and Twitter Inc. in an attempt to bar the resort from using the Twitter handle @sunvalley.

Leonard Barshack and Erin Smith also said the San Francisco-based company should return the handle to them because they had been using it for about three years and weren't impersonating the Idaho resort.

The Idaho Mountain Express reports the resort sought to use the handle in October.



The Sun Valley logo as it appears on the resort's Twitter account. TWITTER

That's when Twitter sent Barshack an email, saying he was in violation of Twitter's rules.

"At that time, Twitter gave the following reason for the

suspension, 'We have received a valid report and determined that your account, @sunvalley, is engaged in non-parody impersonation,' according to the Barshack's complaint, filed earlier this month in Idaho's 5th District Court in Blaine County.

But Barshack contends he never impersonated Sun Valley and only periodically sent messages, or tweets, since registering for the handle around April 2010.

THE ASSOCIATED PRESS

Viewing habits. Netflix CEO takes on conventional TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi. "People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

Netflix recently published a letter to shareholders outlining how the firm believes it will thrive at the expense of conventional broadcast TV.

THE CANADIAN PRESS

Arrested Development



Actor Jeffrey Tambor at a May 9 screening of Arrested Development Season 4 in London, England. THE ASSOCIATED PRESS

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying.... (Seasons) 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!'"

Omaha. Young entrepreneurs pitch ideas to Warren Buffett

Billionaire Warren Buffett spent Monday listening to business pitches from a select group of kids, but the ideas aren't likely to generate new acquisitions for Buffett's Berkshire Hathaway conglomerate.

The kids, who are between seven and 16 years old, are finalists in a contest tied to The Secret Millionaire's Club, a cartoon narrated by Buffett that teaches kids about finance. The cartoon is online at smckids.com. Five kids and three teams were flown to Omaha, Neb., to



Warren Buffett reaches out to kids in cartoon style. THE ASSOCIATED PRESS FILE

present their ideas to Buffett and the judges. The winning individual and team each receive \$5,000 US. THE ASSOCIATED PRESS

China



Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. China has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand.

The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last months, Coup said.

THE ASSOCIATED PRESS

U.S. Senate

Apple uses offshore firms to avoid U.S. taxes, inquiry finds

Apple Inc. employs a group of affiliate companies located outside the United States to avoid paying billions of dollars in U.S. income taxes, a Senate investigation has found.

The world's most valuable company is holding overseas some \$102 billion US of its \$145 billion in cash, and an Irish subsidiary that earned \$22 billion in 2011 paid only \$10 million in taxes, according to the report issued Monday by the Senate Permanent Subcommittee on Investigations.

The strategies Apple uses are legal, and many other multinational corporations use similar tax techniques to avoid paying U.S. income taxes on profits they reap overseas. But Apple uses a unique twist, the report found. The company's tactics raise questions about loopholes in the U.S. tax code, lawmakers say.

Apple CEO Tim Cook, the company's chief financial officer and its tax chief are scheduled to testify and explain the company's tax strategy at a hearing on Tuesday. THE ASSOCIATED PRESS

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WHY CAN'T WE ACCEPT PRAISE?

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

"Your new haircut looks fantastic. 'Seriously? You don't think it's too short? It's definitely too short; I look like a boy.'"

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid \$5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery



SHE SAYS

Jessica Napier

metronews.ca

rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)."

I'm working on my graciousness because I

know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening re-

marking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Sky's the limit for this photog



STEPHANE VETTER/TWANNIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night sky photography while underlining the need to prevent light pollution. **METRO**

Q and A

'Make sure to have your feet on the ground and head in the stars'



STEPHANE VETTER
Doctor and amateur
photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four

vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

Quoted



"This photo has many winning elements:

the Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait



GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smart-phone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One

This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype

The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. **METRO**

Recon Instruments' Jet

This device is more Robocop-looking than the others, and is targeted to

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the

suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk, tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

Rudy Haugeneder posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca



DVD reviews



Stories We Tell

Director. Sarah Polley

★★★★

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. *Stories We Tell* isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. *Stories We Tell* is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

Side Effects

Director. Steven Soderbergh

Stars. Rooney Mara, Jude Law, Channing Tatum

★★★★

On the brink of his announced retirement from filmmaking, Steven Soderbergh goes out with a thriller that ranks amongst his best. It features electric performances by Rooney Mara, Jude Law, Catherine Zeta-Jones and Channing Tatum, and there's almost a documentary focus to the film's medical, legal and ethical themes. The over-prescribing of antidepressants is a concern addressed early on, but the suspenseful opening depiction of a blood-spattered New York apartment kitchen signals this is no mere PSA. Whatever you think before seeing *Side Effects*, you're not likely to think the same afterward.

PETER HOWELL



The Hangover Part III opens this Friday. HANDOUT

The journey from Dr. Jeong to Mr. Chow

Fixing funny bones.

Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE

scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in *The Hangover Part III* as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong.

"Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first *Hangover*. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that."

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says.

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work

hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor."

"I was pretty intense and pretty serious."

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'"

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but

Quoted

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine."

Ken Jeong on the beginnings of his work in comedy.

Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says.

"The spectrum of imagination on that character is so wide."

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."



Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic

the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Walters, wolves and a weight watch? What a week!



STARGAZING
Malene Arpe
scene@metronews.ca

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain

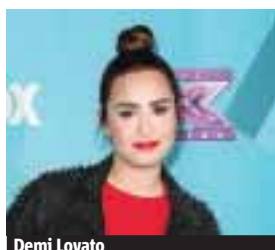
where Taylor Lautner has been since Twilight ended.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a list of all the worst things in the world.

Lovato learned lessons in love from Jonas bro



Demi Lovato

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still thinking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," she tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded. But keeping that in mind ... it's a delicate balance." Things between the former Camp Rock co-stars are much better now, too: "We have a great friendship," she says. "And we may not be as close as we used to be, but that's OK."



Winona Ryder

It may be 'normal hygiene' on set, but Winona hasn't had work done, she says

Winona Ryder is flattered that some people think she's had work done to keep her looking youthful, but the 41-year-old actress insists that plastic surgery — which she says she's "found is normal hygiene now on sets" — isn't for her. "I'm not trying to knock it, but, you know,

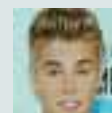
I have a little bit of traffic now on my forehead, which I'm, like, very proud of actually," she tells Interview magazine. "It's interesting how people just instinctively are like, 'Oh, maybe you should get something done for that.' And it's like, 'Really?'"

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Twitter



@justinbieber

I love music, my fans, my family, my friends.. And I love The Lord



@channingtatum

"Go where you are celebrated — not tolerated. If they can't see the real value of you, it's time for a new start." — Unknown



@lenadunham

"Under the right circumstances, I'd love to murder someone" — something I'm glad I've never said in an interview

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Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA
MCGUINNESS
life@metronews.ca

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?

I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?

He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?

I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?

It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of



Gina Carano can beat you in a fight. Deal with it. HANDOUT

figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?

She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever

worked with physically.

You guys fight a lot in the movie — is it all for real or stunt doubles?

I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum



Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?

He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?

You don't know any of my ex-boyfriends. They could

have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."

If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?

The person I lost to: Cyborg. You always want to avenge that.



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Ontario



Picnic pick: Pesto Potato Salad



This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbecued items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

Pesto

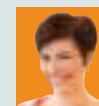
- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Health Solutions

Up in the spring ramp



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @\$! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**



Appetizer. Spinach Dip



The best moments in life happen when you bring the right mix of ingredients together.

A warm summer day, the people you love, and delicious food is a recipe for a good time.

For your next picnic or barbecue, do the same: Bring

some nutritious ingredients together to make this tasty crowd pleasing Spinach Dip with Greek Yogurt.

1. Combine mayonnaise dressing, soup mix and all ingredients in medium bowl.

Ingredients

- 1 cup Hellmann's 1/2 the Fat mayonnaise-type dressing
- 1 package Knorr Vegetable Dry Soup Mix
- 1 package (300 g) frozen chopped spinach, cooked, cooled and squeezed dry
- 1 container (500 g) non-fat plain Greek yogurt
- 1 can (227 ml) water chestnuts, drained and chopped (optional)
- 3 green onions, chopped

Chill, if desired. Serve with your favourite dippers.

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metro

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Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of *Are All Guys A-holes?*

Don't talk only (or mostly) about yourself

So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person ... which, you know, is sort of what the date is about.

Don't be difficult to pin down

If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner

First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of



This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

dinner (or even drinks) plan an activity date.

Ask job interview questions

The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living ... all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date to be fun and stand out, ask things more along the lines

of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an over-priced breakfast. Really have a conversation together, don't just take turns reciting your resumés.

Don't start planning your wedding

So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.

METRO

Sleepaway. Unhappy campers recall tears, hives and bad food

When the school year ends a few weeks from now, millions of kids will head off to sleepaway camp for a summer filled with colour wars, kayaking and bunk life. Most will have a great time, some will make friends for life, and many will look back on the experience fondly.

But amid these happy campers is another group of veterans who recall sleepaway camp quite differently. These were the kids who cried everyday and sent letters home begging to be picked up. They were lonesome, miserable, bullied; hated the bugs, hated the pool. Many refused to ever go back, and decades later, they can recall their suffering in visceral detail — from poison ivy to wretched food.

"Oh did I hate overnight camp," recalled Lauren Russ, 43, who lives in Chicago. "I cried everyday and wrote two letters home a day asking my parents to come get me."

Russ' mom and dad saved those notes and even read some of them aloud at her wedding shower 10 years ago. "I got another letter from you," reads one of the heart-wrenching lines in Russ' schoolgirl's script. "Every time I get a letter I cry and become very homesick."

What was so bad about

camp? Let Russ count the ways: "I'll never forget the first night I had to sleep in a tent. I hated the public showers, I hated sharing a room with several other girls, I hated the anxiety of packing and saying goodbye."

For Kelsey Tomascheski, 48, of Santa Clara, Calif., camp memories centre on bad food. "I will admit that I was a picky eater, but the problem was more on quality," said Tomascheski. "I could only handle so many bland spaghetti feeds, too-salty chicken strips, and soggy fries. Usually halfway through the week I gave up and only ate PB&J at all three meals."

Some unhappy campers hated bunk life. "It was dirty," recalled Gerry Cotten, 25, a website developer in Toronto. "I was always into computers, and some sort of computer camp probably would have been fun, but sleeping in an ancient, old wooden cabin, with disgusting washrooms a five-minute walk away, wasn't really appealing."

The great outdoors didn't hold much charm either: "Taking a dip in the lake each morning instead of having a shower wasn't really for me. They called it the Polar Dip."

THE ASSOCIATED PRESS



She's not having fun. Maybe it's the food? ISTOCK IMAGES



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*SOME RESTRICTIONS APPLY

New rules for authorized credit card users



Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

Alison on money. Putting a cap on monthly spending helpful for parents of students



YOUR MONEY
Alison Griffiths
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something.

But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for

graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a

In numbers

73.9

There are 73.9 million Visa and MasterCard cards alone in circulation in Canada.

budget.

But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending.

But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Five life insurance myths debunked

Misconceptions. Trying to understand all the different options and benefits can sometimes mean sifting through all the associated myths

Life insurance is not a simple product.

To help set the record straight and help you make the appropriate choice for you and your family, RBC Insurance debunks the top five most common misconceptions:

My insurance needs are covered through my work coverage

Group life insurance plans typically only provide limited coverage and the insurance often ends when you change jobs. It's important to understand your coverage and fill in any gaps.

My investment can be put to better use elsewhere

Many life insurance policies provide protection for your



When it comes to life insurance, make the appropriate choice for you and your family. ISTOCK IMAGES

loved ones along with a tax-sheltered investment option that can grow your money.

You only need life insurance if you work full-time or earn a high income

Regardless of your income or employment status, if you have dependents, for example, you'll need to cover childcare and housekeeping costs in a parent's absence.

Life insurance is too expensive

Life insurance can be cost-effective. A 10-year term policy, with

a death benefit of \$250,000, for a healthy 45-year-old Canadian male non-smoker would cost about \$28 per month. A similar policy, with a death benefit of \$200,000 for a healthy 35-year-old female non-smoker would cost \$15 per month.

I don't need it because I have no dependents

Life insurance can help protect your partner from struggling with a single income and ensure your debts are paid, which is important whether you do or don't have children. NEWS CANADA

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Winterhawks goaltender Mac Carruth stops a shot from Knights forward Bo Horvat at the Memorial Cup in Saskatoon on Monday night. LIAM RICHARDS/THE CANADIAN PRESS

Knights crash in 3rd vs. Winterhawks

Memorial Cup. After spirited comeback in second, Portland puts OHL champs away in game's final frame



ANDREW RANKIN
Metro in Saskatoon

They made it interesting but the London Knights couldn't pull it out.

On Monday

6

Winterhawks

3

Knights

After roaring back from a 3-0 second-period deficit, the Knights couldn't complete the comeback and fell 6-3 to a powerhouse Portland Winterhawks at the Credit Union

Centre in Saskatoon on Monday night.

The Knights came out of the gate sluggish and the Western Hockey League champions, who were coming off a surprising 7-4 loss to the Halifax Mooseheads, made them pay. Ty Rattie's beautiful backhand deke gave Portland a 3-0 lead 10:23 into the second frame.

That's when London finally woke up, and 14 seconds later Knights forward Scott Harrington started the comeback before Alex Broadhurst and Bo

Horvat scored to tie the contest at 1:38 of the final frame.

But Portland finally pushed back with three goals to put the game away and chase Knights netminder Anthony Stolarz from the game.

The Knights, who boast a record of (1-1), will finish the round-robin against the Mooseheads on Tuesday.

Rattie led Portland with two goals while Taylor Leier, Oliver Bjorkstrand, Derrick Pouliot and Chase De Leo rounded out the scoring for the Winterhawks.

NHL playoffs

Red Wings leap past Blackhawks to take series lead

Gustav Nyquist and Drew Miller scored 31 seconds apart midway through the second period and Pavel Datsyuk restored a two-goal lead in the third to help the Detroit Red Wings beat the Chicago Blackhawks 3-1 Monday night to take a 2-1 lead in the second round series.

Patrick Kane scored 4:35 into the third period to pull Chicago within one. The Blackhawks celebrated as if they tied the game about a minute later, but Andrew Shaw's goal was waved off because he was in the crease.

The seventh-seeded Red Wings have a shot to put the top-seeded Blackhawks on the brink of elimination Thursday night in Game 4.

THE ASSOCIATED PRESS

MLB

Encarnacion helps Jays cash a victory on Rays

R.A. Dickey scattered four hits over eight innings and Edwin Encarnacion doubled home three runs in the seventh inning to lead the Toronto Blue Jays to a 7-5 win over the Tampa Bay Rays on Monday afternoon.

Right-handed Rays reliever Josh Lueke has only himself to blame after walking Emilio Bonifacio, Munenori Kawaski and Jose Bautista with the game knotted at 3-3. Encarnacion then slammed a swerving ball into left field to clear the bases. THE CANADIAN PRESS

Knights prospects flying under the radar



Max Domi holds the OHL championship trophy last Monday at Budweiser Gardens. THE CANADIAN PRESS

In most other years, Knights forward Max Domi would probably garner more attention at the MasterCard Memorial Cup.

The son of former tough guy Tie Domi is expected to be taken in the first round of next month's NHL draft, but with the three top North American-based prospects playing at the Credit Union Centre in Saskatoon, this year's Memorial Cup is more stacked than usual.

That suits Domi and a host of other potential picks just fine.

NHL scouts have descended on the tournament as top prospects Seth Jones of the Portland Winterhawks, and Nathan MacKinnon and Jonathan Drouin of the Halifax Mooseheads, play their final games before the draft.

Having the trio in one place means other players expected to be high draft picks can focus on the tournament.

"I know those guys pretty well and they're great guys and awesome hockey players," said Domi, who is ranked No.

Making his move

22

London defenceman Nikita Zadorov has made one of the biggest jumps from the mid-season NHL scouting rankings. The big Russian has moved up eight spots to No. 22 on the North American draft list.

19 among North Americans by NHL Central Scouting. "We're just worried about how the London Knights play and not really anything else to be honest.

We focus on ourselves and the team and let the rest take care of itself."

Knights teammate Bo Horvat, ranked 15th, says that although the draft is never completely out of his mind, the goal is to win the CHL title.

"There's always competition but I've played on teams with them before and we're all good friends," he said. "I don't feel the pressure. You've just got to play your game and not worry about the draft too much."

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus

April 21 - May 21

If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini

May 22 - June 21

Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer

June 22 - July 23

You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo

July 24 - Aug. 23

Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo

Aug. 24 - Sept. 23

You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra

Sept. 24 - Oct. 23

You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio

Oct. 24 - Nov. 22

Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius

Nov. 23 - Dec. 21

If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

♑ Capricorn

Dec. 22 - Jan. 20

You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius

Jan. 21 - Feb. 19

The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces

Feb. 20 - March 20

Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Comes with it, for short
- Mr. Davis, Toronto-born broadcaster who hosted #57-Across
- Pre-hatched chick homes
- Ancient Greek city-state
- Four-stringed instrs.
- Prefix to 'script' (Written record from court)
- Subway station's ticket area/entrance
- Winnipeg-ger who hosted #46-Across: 2 wds.
- Journeys
- Let up
- Tee/ball/club org.
- Gr.
- PEI's provincial capital
- Folk classic: "If _ _ _ Hammer"
- Early-'80s hit: " _ _ _ (So Far Away)"
- Thailand neighbour
- Nada
- Doesn't implement properly
- "The Voice" network
- Thomas Edison's middle name
- Shipped off
- Calculator ...when using the + sign
- Classic game show since 1963: 4 wds.

- Place
- Canuck, for short
- A birthstone for Libra
- Pillar with a pyramid-shaped top
- Classic Canadian quiz show, " _ _ _ Challenge"
- Don't dine out: 2 wds.
- Tenant's payment
- Ringlet

- Coin insertion places
- Aquatic organism
- Keel part
- Disgorge

Down

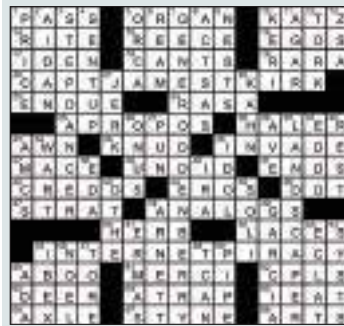
- Online ID addresses
- Without a flat-screen, e.g.: 2 wds.
- Greek Myth: Muse of

- history
- Frog's furniture: 2 wds.
- Seethe
- Some old theatres
- Poetic nightfall
- Summer hrs. in Ottawa
- Gasoline additive
- Pate de foie _ _
- Strong wind
- Lorne Michaels' li'l

BY KELLY ANN BUCHANAN

- show
- Canadian distiller, Joseph E. _ _ (b.1841 - d.1919)
- Today, tomorrow ...tiny-ly
- 4 qts.
- _ _ of honey
- 'Kero' add-on (Camping lamp)
- Relax
- Bisect
- Bird: French
- Grand _ _ Railway
- "A Fish Called _ _" (1988)
- _ _ Peace Prize
- 'Tsar' suffix (Russian empress)
- Computer monitor [abbr.]
- 2002 Jennifer Lopez album: 'This _ _ _ _ _ Then'
- Equipment for equestrians
- _ _ , Georgia
- Turndowns
- Clay-ish stuff
- Type of tennis serve
- Mr. Hersheiser
- Vintage video game
- Fiend
- Brussels is its cap.
- Street sign
- Tailed toy
- Renaissance painter, _ _ Angelico
- Li'l Dell products
- Sea diver
- Australian state [acronym]

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

			8	2			5	7
6	9			7	1			3
	1			8			7	
	5	4				1	3	
	7		4				6	
7			9	3			2	8
9	2			6	5			

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Thundershowers

70%

Wednesday

24°/11°

Thundershowers

70%

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